

**THE CORRELATION BETWEEN LEVEL KNOWLEDGE AND  
PARENTS ATTITUDE ABOUT FOOD ABSTINENCE WITH EATING  
PATTERNS ON BREASTFEEDING MOTHERS**

Correlational Descriptive Research

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**Introduction:** Food abstinence during breastfeeding can cause a lack of nutritional fulfillment in breastfeeding mothers. It occurs because of the prohibition of consuming certain types of food. Food abstinence is advised by parents to their children who are taught to the next generations. This study aimed to describes the correlation between knowledge and attitude level of parents about food abstinence with diet of breastfeeding mothers. **Methods:** This was descriptive correlation research. The population were 99 breastfeeding mothers who have child about 0-2 years in Banter Village, Benjeng District, Gresik regency. The samples were 44 breastfeeding mothers who live with her parents in a house. Independent variable were parents knowledge and attitude about food abstinence. Dependent variable was breastfeeding mother's diet. Data were collected through questionnaire and analyzed by Spearman test ( $r_s$ ) level significance  $\alpha = 0,05$ . **Result:** The result showed that there was no correlation between parental knowledge level about food abstinence and eating patterns on breastfeeding mothers ( $p = 0,146$ ), and parental attitudes had no correlation with the eating patterns of breastfeeding mothers ( $p = 0.478$ ). **Discussion:** It can be concluded that the breastfeeding mother's diet is appropriate despite they have parents with enough knowledge and supportive attitudes about food abstinence. Further research is expected to add other factors, such as family income, food and cultural availability.

**Keywords:** *Abstinence Food, Diet, knowledge, attitude, breastfeeding mother*